

## Water Contact Diseases

**Leptospirosis** – Wading, swimming, other contact with water/mud contaminated with infected animal urine; small number of cases possible

- Threat year-round, higher during flooding; rural areas
- Symptoms – fever, chills, nausea
- 1-7 days hospitalization

**Prevention:** Do not swim/wade in unapproved water; wash skin and clothing after exposure to freshwater streams/ponds.

## ENVIRONMENTAL RISKS

### Short-term health risks

- Water containing raw sewage
- Runoff containing fecal pathogens
- Water containing industrial waste or argochemicals

### Long-term health risks

Air pollution, particularly in urban areas and near large industrial complexes

## HAZARDOUS ANIMALS AND PLANTS

**Venomous Snakes** – Well-camouflaged vipers live in a variety of habitats; some species have potentially deadly venom. **Seek urgent medical attention!**

**Prevention** – Do not handle *any* snake.

**Scorpions, Spiders, Centipedes** – None with deadly venom but capable of inflicting painful bites

**Prevention** – Shake out boots/ clothing/bedding; seek medical attention if bitten/ stung.

**Millipedes** – Secrete fluids which can blister skin

**Prevention** – Shake out boots/ clothing/bedding; seek medical attention if bitten/stung.

**Hazardous Plants** – Numerous toxic plants; skin/lung irritation if touched/burned; poisoning if chewed/eaten

**Prevention** – Do not touch, chew, eat, or burn unfamiliar plants; wash contaminated skin/clothing after contact.

## HIGH ELEVATIONS

Operations at 6,000 feet can impact unit and individual effectiveness.

Signs of **altitude sickness**: headache, nausea, vomiting, dizziness, fatigue, irritability, coughing

**Acclimatization:**

- Staged ascent: Ascend to moderate altitude (5,000–8,000 feet) and remain there for 3 days before ascending higher.
- Graded ascent: Limit daily altitude to allow partial acclimatization. Spend 2 nights at 9,000 feet and limit to no more than 1,000 feet per day above each night's sleep.

**Treatment:** The preferred method to treat any high altitude illness is to evacuate the individual to a lower altitude. See GTA 08-05-060, *A Soldier's Guide to Staying Healthy at High Elevations*.

## DISTRIBUTION UNLIMITED

Prepared by:



U.S. Army Center for Health Promotion &  
Preventive Medicine

<http://chppm-www.apgea.army.mil>

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(800) 222-9698/ DSN 584-4375/ (410) 436-4375  
SHG 038-0505

## DEPLOYMENT HEALTH GUIDE: ARMENIA



This country-specific guide should be used in conjunction with [GTA 08-05-062, Guide to Staying Healthy](#), and is intended to provide information that can help reduce your risk of Disease and Non-battle Injuries (DNBI) when deployed. This health threat and countermeasure information is based on the most current data available from U.S. Department of Defense medical agencies at the time of production. In addition to the information in this guide, you should also receive force health protection, health threat, and preventive medicine countermeasures training/briefings prior to and, as required, throughout the length of your deployment.



Deployment Health Guide Series  
January 2006

## ARMENIA OVERVIEW

Location – Armenia is located in Southwestern Asia, east of Turkey and is slightly smaller than Maryland.

Climate – Dry, hot summers (May – September) and cold winters (November – March). However, there is considerable regional variation.

Rainfall – Interior plains sheltered by the mountains receive 80–160 inches annually. Exposed mountain slopes receive 315 inches annually.

Terrain – Primarily mountainous terrain; average elevation is 5,900 feet above sea level. Less than 10 percent of the land is below 3,300 feet.

Forces of Nature – Occasional severe earthquakes and droughts

## RISK ASSESSMENT

Armenia is at **INTERMEDIATE RISK\*** for infectious diseases. Without force health protection measures, mission effectiveness will be adversely impacted.

\*Based on a combination of all major infectious diseases that occur in a country, the Armed Forces Medical Intelligence Center (AFMIC) assigns an **overall country risk level** of low, intermediate, high, or very high risk, as compared to other countries.

## INFECTIOUS DISEASES

### Food-borne and Water-borne Diseases

Consuming contaminated food, water, or ice

**Diarrhea, bacterial** – A potential attack rate of 11 to 50 percent per month if local food, water or ice is consumed

- Threat highest during warm months; countrywide
- Symptoms – loose, watery or explosive bowel movements

### Food-borne and Water-borne Diseases (Continued)

- 1–3 days recovery with antibiotics

**Hepatitis A** – A potential attack rate of less than 1 percent per month among unvaccinated personnel if local food, water or ice is consumed

- Threat year-round; countrywide
- Symptoms – none to flu-like illness
- Severe, 1–4 weeks recovery, sometimes initially requiring hospitalization

Other risks: **Typhoid/paratyphoid fever, hepatitis E, diarrhea – cholera, diarrhea – protozoal**

Prevention: Consume only U.S. military-approved food, water, ice; **hepatitis A vaccine** and/or **typhoid vaccine**, if directed by medical authority.

### Vector-borne Diseases

Diseases of concern – Rare cases could occur:

- **Boutonneuse fever** (tick-borne)
- **Crimean-Congo hemorrhagic fever** (tick-borne)
- **Leishmaniasis** (visceral and cutaneous) (sand fly-borne)
- **Malaria** (mosquito-borne)
- Tahyna virus (mosquito-borne)
- **West Nile fever** (mosquito-borne)

Prevention: **DEET** on exposed skin, **permethrin-treated uniforms, permethrin-treated bed nets.**

### Animal Contact Diseases

**Rabies** – Exposure to virus-laden saliva of an infected animal through a bite, scratch or breathing airborne droplets; risk well-above U.S. levels

- Threat year-round; countrywide
- Initial symptoms – pain, tingling, or itching from bite site, chills, fever, muscle aches
- Death likely in the absence of post-exposure prophylaxis

### Animal Contact Diseases (Continued)

Prevention – Avoid all animals; if scratched or bitten, seek medical attention immediately; pre- and/or post-exposure vaccinations, if prescribed by medical authority.

Others: **Anthrax, Q fever**

### Respiratory Diseases

**Tuberculosis** – Breathing contaminated air droplets from other people (coughing/sneezing)

- Highest threat from prolonged close contact with local populations
- Threat year-round; countrywide
- Symptoms – none to cough, chest pain, breathlessness, night sweats
- Severe illness or death if not treated

Prevention – Avoid close contact with local populations; early detection/treatment reduces severity.

### Sexually Transmitted Diseases

**Gonorrhea/Chlamydia** – Unprotected sexual contact with infected person; high number of cases possible

- Threat year-round; countrywide
- Symptoms (in men) – none to burning sensation when urinating or discharge
- Symptoms (in women) – none to burning when urinating to increased vaginal discharge
- Mild; outpatient treatment

**HIV/AIDS** – Unprotected sexual contact with infected person; contaminated needles or blood into an open cut/membrane of an infected member; rare cases could occur.

- Threat – year-round, countrywide
- Symptoms – weight loss, night sweats, fatigue, swollen lymph glands, sores
- Very severe for individual; death likely

Prevention – Abstinence or latex condoms